



Forwardbends

Forward bends have a calming and restorative effect on the nervous system. They help cultivate qualities of surrender and humility.

Effects:

- Stretching of the entire back of the body
- Gentle massage of the internal organs
- Calming effect on the nervous system

Generally important is to understand that Forward bends STARTS in the Hips. The pivot point are the hips were you start to bend forward.

Do not! practice forward bends in the case of acute back problems or disc issues. Inhale to elevate your spine first, exhale release, and then move into the forward bend.

At standing forward bends be aware of:

- Begin at the pelvis, anchoring feet and legs firmly into the ground
- Align hips and heels by shifting weight forward.
(bring your weight away from the heels)
- Protect hamstrings and lower spine: bend knees when transitioning positions

At Seated forward bends be aware of:

- Sit on sitting bones, slightly rotated toward symphysis.
- Sitting on a blanket edge, help the alignment and easing forward bends.
- Turn your thighs slightly inward aligns hip pivot point.

If at your limit, focus on breath, release shoulders, lower head. Use a yoga block for forehead support. Embrace gratitude!

Exercise for you:

Half forward fold - inhale, elevate spine

Forward fold - exhale, release

Repeat these two positions to fully experience the release.

